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Q50Q

ISSUE NO. 1, 2012



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Contents



**Good Health adds
life to years !
World Health Day
Expo** Page 6



**Pump your
Flag Carnival**

Page 7



**Belmont B's
Buzz** Page 8



**KEEPING ACTIVE
TENNIS ANYONE ?**

Page 10



**HOW THOUGHTS
INFLUENCE
HORMONES AND
IMMUNITY!**

Page 12

**TTARP
Centenarian**

Page 14



**Healthy
Living
Annual
Seminar**

Page 16



**Mrs. Moulda
Beache Archie**

Page 18



**BIODYNAMIC
CRANIOSACRAL
THERAPY**

Page 20



Calendar of Events

Page 22

BEAUTY OR THE BEAST TWENTY TIPS FOR MEN

Page 25



AGE-RELATED HEARING LOSS/ PRESBYCUSIS

Page 26



Healthy from the First Layer

Page 27

AQUAPONICS.. a hobby or a necessity?

Page 28



THE BENEFITS OF SWEET POTATOES

Page 30



Blessed Quietness Home

Page 32



DEEP THOUGHTS

Page 34



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050Q Magazine is available at no cost as an Integral part of TTARP membership.

Comments from the Board

Dear Members,

For too long, citizens of this country, in particular senior citizens have been victimized and pounced upon by criminal elements within the society. The Government must do its part to ensure a safe environment, and some of the solutions suggested are: community police should have more visibility, DNA testing must be introduced, security systems should be affordable and VAT-free for all, and court trials should be expedited.

We, Senior Citizens, on the other hand, must not be laid –back, we need to be vigilant to ensure the safety of ourselves and of our loved ones. We appeal to Seniors, to avoid having large sums of money (use credit cards, linx, certified cheques), be careful who you trust, valuables must be placed in a safety deposit box, keep all doors and

windows locked (at home and in cars while travelling), invest in security alarm systems and burglar proofing.

TTARP National Issues Committee, are in the final stages of preparation with its submission to the National Budget 2012/2013 and any inputs or suggestion must be forwarded to TTARP's Head Office or through the various Zones. Of course email submission is also welcome. Timing is important if we are to be given an opportunity to be heard by those who are responsible for change and action in Trinidad and Tobago.

God Speed.



TTARP 5 Nights 6 Days Western Caribbean On board the CARNIVAL DESTINY

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Cruise Itinerary : Miami / Day at Sea / Ocho Rios /Grand Cayman /Day at Sea /Miami



Friday 21st - depart Piarco, spend one night at a Hotel

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Good Health adds life to years !

World Health Day Expo

The North West Regional Health Authority hosted an expo at the San Juan Promenade in April, where members of the public were able to access free testing, information and open dialogue with members of the private and public sectors.

As a strong advocate for supporting good health and nutrition, TTARP participated , and was able to reach out to new members, most of whom claimed to have wanted to join the association for some time but never got around to it.

TTARP was happy to welcome these new members and they were just as excited to become members, we look forward to seeing them at our functions, and we encourage them to join a zonal group closest to their home.



Some of the new TTARP Members who joined the Association at the San Juan Promenade.



Pump your Flag Carnival

Ohhh yes, another successful Carnival All Inclusive Party !

This year, members definitely came out to party and have a great time at the Mas Camp Pub.

Three hundred lucky patrons had a fantastic time as they were entertained by –

Errol Ache : who had them swaying from side to side
Karen Ache : she had them singing as her backup singers (and our members are really talented !!!)...
Sprangalang : had them rolling over with laughter, and
Bradap : with his humorous Calypso

And modeling of carnival costumes by Trini Revellers - China Green section, which is headed by our own Mayling Younglao.

SO DON'T FORGET TO REGISTER WITH HER FOR NEXT YEAR!!!

The FOOD provided by Mas Camp left members licking their fingers after tasting the wide variety of the sumptuous food (that included pelau, corn soup, bake and shark, doubles and a snack plate).

And the unlimited drinks, encouraged members to drink at their leisure

See you all Mr. Fetes and Miss Behaves in 2013 !!



Ole Mas in Fyzabad

In true Trini style, members of the Fyzabad Zone came out to party, dance and enjoy themselves at the Regional Community Complex. It was most entertaining as the innovativeness and fun loving spirit of most was exposed as members socialized. The highlight of the day, was the first place winner who was a foreigner. What excitement !



Belmont B's Buzz



Fun & Games at the Hollows

Friends and grand children accompanied the Bees to the Hollows for a day filled with fun, games, sport event such as tomato and spoon race, bag race, flat race, horseback riding and face painting. The weather was picture perfect, the caterer's meal was divine and everyone relaxed and enjoyed each other company.

L to R members of the Belmont B's Cynthia Mullings, Ivy Mc Lean, Marlene Griffith and Jean Woehner enjoying a moment with the clown.



A happy painted face



Thrilled grand-kids posing with the Security on Motorbikes.



Ms. Marjorie Clarke Alleyne enjoying her horseback ride



Members enjoying an all you can eat Buffet Lunch.

Belmont B's Buffet

The Belmont B's social committee decided that a visit to the Nestle's Factory should be interesting and informative, hence a bunch of Bees headed east. The tour guide was very thorough explaining the security and safety of the company also the nutrients of the products to encourage good and healthy living. After the tour, an impromptu decision was taken, where the Bees ended up at Buffet lunch, eating to their hearts content.



Belmont B's at the muster point at Nestles Compound



Belmont B's at the Conference Room viewing a DVD on Nestle's operations.

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KEEPING ACTIVE

TENNIS ANYONE ? *by Colleen De Gannes*

It was July 1970 and I was finally able to head for the Public Courts, Princes Building, Port of Spain, which is now called the National Academy of Performing Arts (NAPA). According to some sport experts, tennis is a sport which should ideally be introduced to children between the ages of 5-7 year olds according to the aptitude and build of the child, among other thing, and I was now in my teens. Ever since I could recall I wanted to play this sport called "Lawn Tennis", now simply know as "Tennis", and I was eager to learn.

My mother could not afford to pay for a coach, since she was a single mother raising eight children, (my father died when I was only 10 years old). Being a novice, I could find no one to play with me, so to improvise, my knocking partner became the wall. Occasionally someone would pass by and give me a hint or two on how to hold the racket or position my body for a better execution of the stroke, and eventually this paid off. Shortly after, I would hit with people who could find no one else to play with, but within a year I quickly learnt the sport and they became more than willing to play with me. My enthusiasm and love for tennis made me a quick student and challenging partner.

Over the years, many of the persons I played against were older than me, so I soon realised that it is really a sport for all ages. I got my fair share of beatings at tournaments, and



2nd from left - Colleen de Gannes and other avid tennis enthusiasts.

eventually started volunteering my services as an umpire. This exposure in officiating launched me into an area of tennis where I became successful internationally.

It started out as a chain of opportunities to officiate at events such as Wimbledon, US Open, Pan American Games, CARIFTA Games and the Sydney Olympics in 2000. There were Davis Cup and Fed Cup events, and other Satellite and Futures events where players vie for Ranking to get them into the Grand Slams.

Although I no longer play, even now as a Major Leaguer I still officiate at both local and international events. Some of the persons I played with are still on the court and with Tournaments for persons 45 years and older, the interest and competitiveness is still very much there.

Today, there are persons who are considered seniors only now beginning the beautiful journey of learning to play Tennis. The jubilation they experience when they win their first game is beyond any words that can be explained.

There are some who have branched off into coaching and would travel with teams to international events and have returned with top class results both at the Junior and Senior levels of the sport.

There are several aspects of tennis that can keep seniors like myself invigorated. It allows the mind to remain sharp, encourages camaraderie, and has allowed me to share my 42 years of experiences. There are options to play socially, competitively, to officiate or to coach. Locally, several clubs offer classes which one can join for recreation, competition or just staying fit.

I would recommend tennis at any age !



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HOW THOUGHTS INFLUENCE HORMONES AND IMMUNITY!

By Dr. Amanda Jones



As a teenager I read a book by a guy called Al Koran called "Bring Out the Magic In Your Mind." The book gave numerous reports of positive thinking affecting people's health and circumstances. Al Koran insisted that through focused engagement on the positives of the present moment, we could change our lives by making positive thinking a real habit.

I took his ideas to heart. To enjoy the magic of colour I bought a bright yellow and black school bag that earned me a nickname of Bumble Bee! At the earliest sign of a cough-and-cold virus I would say to myself calmly that I would be successful in not succumbing to the cold. What's funny is it always seemed to work.

You may have heard other "positive thinkers," share a similar story. Is it coincidence? At the time I fancied that my decision not to get sick was the "power factor". As I grew older I questioned this, could it just be that I was blessed with a phenomenal immune system thanks to an awesome and loving God?

Today we are beginning to understand how the temperament of our thoughts affects our health. And not surprisingly the details are complex but the basic concept is simple.

Those of us who believe in God are also not surprised that a positive attitude, which is the fruit of faith, hope, love and

God consciousness, should also bear health benefits. First the evidence:

- 1) Long term depression increases chances of cancer **MORE THAN TAKING UP SMOKING!** (It is not however recommended that you creatively make an excuse of persisting in smoking in order to avoid depression!)
- 2) Women who are socially isolated have a five times greater risk of dying from certain cancers.
- 3) Depression reduces your white blood cell functioning indirectly, by increasing your stress hormones. Healthy white blood cells are critical to fight off infections and detect mutant cells which sometimes progress to cancer undetected by white cells, the immune system's first line of defence against cancer.
- 4) Centenarians are those of us who make it to age 100 and older. A Harvard study published in 1998 showed no signs of dementia among 162 centenarians who were generally in better health than other senior folks 20 years younger! The key similarities among centenarians who are also in excellent health were :
 - Playing of an instrument
 - A sense of humour
 - an ability to cope with stress **WITHOUT** much guilt, anger, fear or sadness.
 - Wide and active social circles

As Marie Knowles put it at age 100, "I try to make each day, at least a part of it, a joyful day and not a day of finding fault."

Your thoughts form your attitude and then your attitude influences your thoughts. Your thoughts influence your moods and this in turn influences your behaviour and your day-to-day choices.

Can you see too that if you are depressed, angry, resentful or full of regrets that besides the physical impact of this emotional stress on your body, you are probably less likely to exercise, socialize, laugh and eat healthy?

With determination, practice and effort, and the support of the right friends and healthy foods you can improve your attitude and get rid of ANTS (Automatic Negative Thoughts). Did we just say "food"? Yes indeed! A diet low in fruit and vegetables may lead to a lack of folate, and depression is very hard to beat with medication if the person taking the medication is also lacking in folate.

A healthy mind must be supported by healthy food choices, or else the brain chemicals needed for balance just won't be available!



ANTS (Automatic Negative Thoughts), trigger the stress response just like eating toxic food and skimping on sleep! Common examples of toxic foods are lots of refined carbohydrates (sugar, white flour and refined rice) and lots of fried or chemicalized foods.

The stress response means you stimulate your inflammatory pathways, reduce serotonin (your happy hormone), reduce BDNF (Brain Derived Neurotrophic Factor for brain healing and repair),

reduce sleep quality, impair your mood and damage your relationships, lower your good cholesterol, raise your bad cholesterol, increase your insulin resistance and tummy fat (and your risk for diabetes and heart disease) and we can go on and on.

We used to say health was about nutrition, exercise and rest.

Now we're forced to say that self-help gurus were right. Everything gets better when you change your attitude! Why? Your brain's response to negative thoughts is along a system that impacts your hormones and immune system directly. We could call it the Psycho-Neuro-Endocrine-Immune system or PNEI.

Funny thing is somewhere deep inside before all the research and terminology, you kind of knew it all along.



TTARP Centenarian

Irene Brizan, born on the 28th April 1912 celebrated 100 years of her birth.

The Brizan family celebrated her birthday in fine style with family and friends at a luncheon at the Normandie Hotel, St. Ann's.

There were approximately 50 persons in attendance from the various organisation she belongs – example TTARP, Retired Nurses Association, Government Pensioner Association just to mentioned a few.

Mrs. Brizan entertained her well-wishers by singing her favourite song "One Day at a Time" and she also did a special song set in German. After hearing her lovely voice, this multi –talented vibrant and charismatic lady then proceeded to teach her guests some dance moves.

TTARP congrats Irene on reaching this major milestone, and we wish her continued good health and God's richest blessings .



L to R: Mrs. Brizan and her son David cutting her birthday cake .



L to R: Petra Brizan, only grand daughter from Philadelphia, Daughter in Law Gwenyth Brizan, son David, the Lady of the Day Irene Brizan and daughter Lovetta Brizan. Missing are her two grandsons Phillip and Peter.



L to R: Retired nurse and good friend Eula Wyke with Irene.

I love to eat, especially kiwi,
but the seeds kept getting under my dentures
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nothing comes between me and a nice kiwi

Cynthia Miller
Denture wearer



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more comfortable with **Super Poligrip**®.
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your dentures and gums, making them
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Eat, speak and smile with confidence.



Healthy Living Annual Seminar

This year's annual TTARP Health seminar was quite a success with over 600 persons in attendance at the Crowne Plaza Hotel. Seven Seas was the main sponsor for this event, and members gained knowledge from various health experts and specialists in their fields.



Dr. Vas Dias of Seven Seas.

Vas Dias provides nutritional advice, teaches product information, provides consumer information, writes articles and undertakes many interviews and public relations activity. TTARP was privileged to be given the opportunity for Dr. Vas Dias to make a presentation at our Health Seminar.

Dr. Amanda Jones received her general medical training at the University of the West Indies, graduating in 1999 and completed her internship at the Port-of-Spain General Hospital in 2000. Dr. Jones is passionate about wellness education and is playing a role in transforming our culture to one where individuals take responsibility for their own wellness. Her unusual ability to make the dry topics of health and wellness both captivating and engaging, make her workshops and presentations both enjoyable and impactful for every audience. Dr. Jones believes that



Dr. Jones answers questions from a member of the audience.

behaviour change relies not only on knowledge but on confidence, clarity, motivation and accountability.

Dr. Rajeev Khaja was born in India, and is the Medical Officer at the St. James Medical Complex, Gerontology Dept, the Registrar in Psychiatry, St. Ann's Hospital and the Psych' liaison officer with POS General Hospital. He has been in T&T since 2003. He has been Awarded twice, for The Consumer Quality Care. 2005, 2008. NWRHA ; The Regional STARS Award for Community Mental Health Awareness, and held the post of President of the Association of Psychiatrists of Trinidad & Tobago – 2010. He has also presented paper on Trans-Cultural Psychiatry : A focus on Migrant Population & Psychiatric Morbidity.



Dr. Khaja receiving his token of appreciation from Maylin g Younglao, TTARP Honorary Secretary.



Mr. Bastien addressing the audience

and Stress & Burnout at the work place : A focus on Mental Health Professionals.

Naftali Bastien is a graduate of Bradford University & City University in the United Kingdom. He has a degree in Optometry, is a qualified Contact Lens Practitioner and a qualified Dispensing Optician. Naftali has a total of 20 years experience as an Eye-care

Professional. His last post in the United Kingdom was an Optometrist for two (2) leading optical chains – Boots and Dollond and Aithchison. Naftali returned to Trinidad and Tobago at the end of 2010, and is now currently a Director / Owner and the resident optometrist for Look Opticians in Woodbrook. Naftali is one of the few optometrists in Trinidad and Tobago that can fit patients with specialised Keratoconic contact lenses.

These specialists spoke on topics relating to Cancer, Living Well, Dementia and the Eyes. TTARP members were able to interact and have one-on-one discussions, as well as testing of glucose, cholesterol, blood pressure, mental, and BMI.

Other corporate sponsors which assisted in making this event successful were the North West Regional Health Authority (NWRHA) and Optometrists Today who in the past have been quite supportive for all TTARP health events, the Alzheimer's Association, Nestle, Bio Medial Lab and Lipton. We thank everyone for their input and look forward to a greater and better health symposium at this event next year, when TTARP will celebrate its 20th Anniversary.



L to R : TTARP Executives – Arthur Mc Shine, David Cameron, Rajwatti Wegner-Bhagga, with Seven Seas doctor, Dr. Willem Vas Dias, Mayling Younglao- TTARP Secretary, Dr. Amanda Jones and Dr. Rajeev Khaja.





By: Rhea Richardson George

Mrs. Moulda Beache Archie

I had made two calls that day to verify the address of this lady I was going to interview. As the female person on the other end of the phone gave me the directions again, I tried to picture the location and as far as I knew, there were no houses opposite the Botanic Gardens access from Crooks River in Scarborough. Nonetheless, at 3:30 in the afternoon, I got my cameraman and off we went to find this house location that I couldn't imagine.

We got there close to 4:00 pm and surely enough there was a quaint, antique house opposite the entrance, just as the directions said, almost unnoticeable because of the trees in the yard and the vines that semi covered the fence. Standing at the doorway beautifully adorned in a hand woven dress, we met Mrs. Moulda Beache Archie as she stood, evidently expecting us; a warm smile lit her face welcoming us to her humble abode.

Being the mother of two sons, one a well known businessman, and the other, this country's Chief Justice, she admitted never having had a desire for a daughter. As the smile blossomed on her face, she exuded simplicity and humility, not quite what one might expect for a woman who has accomplished all that she has.

We exchanged greetings as she invited us into the dwelling. As I sat looking around at all the antique furniture, nicely displayed in the family room, I felt like I was in a time machine and had gone back to a time when Tobago was Tobago. I later found out that this family, had moved to the current location 8 years after marriage and have been residing at this site for over 50 years; having previously lived on a nearby spot now occupied by the Tambrin Radio station.

This house stood against the elements, having passed through Hurricane Flora in 1962, when many had expected it to slide down. Those were the days when ventilation blocks cost 4cents, and cellutex was only 8cents.

Enthusiasm caused me to ask about her very unusual name, "Moulda" and what might be its meaning. She said she didn't know, but chuckled as she went on to explain that

maybe someone saw that she would be a “moulder of great minds and thus the name Moulda. Beautiful explanation, I thought, as we continued to chat about her teaching career. Teachers long ago, she said, seemed to have more passion, they had a relationship with their students as there was a much stronger sense of community, and even parents and teachers worked hand in hand to develop a well rounded child. Teaching was her passion and if given an opportunity to live life all over again, she wouldn’t change a thing. She says proudly, that she knew since she was a child that teaching was her thing, as she would discipline and reprimand the steps and the trees with ruler in hand. Of the hundreds of students whom she taught over the years, several names seem etched in her memory, such as Edwin Carrington, Dr. Learie B. Luke, Russel Martineau, Winston Dillon, Dr. Eastlyn McKenzie, Shelton Nichols, Hollis Lynch, Stephan Gift, Claire Alexander, Claudette Allard, Gwenyth Armstrong and Curtis Yeates, most of whom have become agents of change for the development of Tobago.

Early on in her career, she was involved in Girl Guides, but got very busy teaching and studying for external exams that she had to give it up. Having been skipped ahead by two levels, she did the senior Cambridge at age 15 and placed 15th in the top twenty in Trinidad and Tobago. Always having had a love for Mathematics, she had to drop the subject, as her teacher at the time had just gotten married and left and there was no immediate relief for the class. After studying, at age 17, she was immediately offered a job at Bishops High School. A job she took very seriously, as she wound up teaching students who were much older than she was. She tilted her head over and smiled as she recollected, how nice they were to her back then.

Although Moulda gets assistance twice weekly with the other chores she admitted that together she and her husband William, made quite the team in the kitchen as she still enjoys doing her own cooking. She would usually bake bread and him, the cakes and sweet bread.

The evening was winding down, so I asked about her about her leisure time and how it is usually spent. Her face lit up as she said tennis and sleep. She is not shy, as she informs us that she is the easiest person to fall asleep. By the time the sun is setting, so is she, with a routine bedtime of 7pm. With that she shared a fond memory of being in form three at Bishops High School and having had a friend stay at her home for some time. This friend later confessed that, while at school she had often heard Archie, speak of her early bedtime, but had never believed her until she had come to stay at her family’s home.

She shared about her earlier years of travelling with her husband and when asked about their two sons, and who cared for them when she and William travelled, she happily mentions her sister, who at the time owned and operated

a drug store, in Point Fortin, and was always happy to have her two nephews from Tobago, visit, while their parents were away. Among the places visited, she recounts Venezuela, Suriname, Aruba, Curacao, St. Thomas, US Virgin Islands, Canada, Columbia, America, England, across the Channel, Holland, Belgium, France, Switzerland, Isle of Capri and Venice. She leans her head, with a wondering look on her face, and indicates that there were other countries, but she was unable to remember them at that time. Most of their travels were aboard either one of two ships given to Trinidad by the Canadian Government at that time; the Federal Palm and the Federal Maple.

She admits that she has lived a wonderful life and owes it all to the Glory of God. “God, has been so good to us, don’t know how to thank him. I’ve been married for 57 ½ years and counting, have 2 loving and devoted sons, 5 grand children, very loving, a praying family, God is good” she ended.



BIODYNAMIC CRANIOSACRAL THERAPY

"Life is expressed via motion. Whether this is ... in the voluntary motions of the musculoskeletal system or the involuntary motions of the cells, fluids and tissues of the body, life is in motion..."

Practitioners learn to perceive the body's intrinsic movement dynamics, rhythms and pulsations. Within this context, they are able to appreciate the inherent Health within the system and its historical patterns of trauma, pathology and inertia ... practitioners can assist both the expression of the inherent Health of the system and the resolution of its inertial forces and patterns." ~Franklin Sills

Every cell in our body has the ability to express a rhythmic movement, or craniosacral mobility. This is fundamental to life. Every part of our body has a blueprint, or a way it is "intended" to move. The way things actually do move for an individual may not necessarily correspond to this blueprint. In fact, what is revealed is an individual's response or reaction to life experience. What is reflected is the body's shape or current way of revealing and relating to specific life experience. Over time, however, this "shape" may create a lack of ease in an individual's ability to function on a daily basis.

Our bodies respond to stress, (physical, mental or emotional), by contraction or withdrawal. This is how the body protects itself. In time, the stress, tension or trauma is likely to become held in the body restricting healthy functioning. This may give rise to problems or "disease". Together with the client, the practitioner witnesses how the body is holding congestion or restriction. Bringing attention to subtle motion and the layers of history that typically



have been held within body patterns, allows an opportunity for more fluid movement and more ease in the system's functioning.

Biodynamic Craniosacral Therapy is a "hands on" therapy. It is client-led, and the client's system sets the priorities for a particular session. There is no direct manipulation. Instead, by reading the "nuances" of a client's system through a gentle and noninvasive contact, the practitioner listens and identifies how to offer support, attention and perhaps contact. The intention is to help access the body's rhythmic motion, carrying the essential forces of balance.

Biodynamic Craniosacral Therapy is a whole body therapy, which facilitates a deep healing process. This work encourages the building of resources and the repatterning of trauma held in the nervous system. It is appropriate for people of all ages, from prenatals and infants to the elderly.


People often come for stress relief and to maximize their health potential. Stress creates an environment for genetic predispositions to manifest and slows down or inhibits the healing process following illness or trauma .

Listed below are some of the conditions that may respond favorably to treatment:

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Trauma and Injuries
Digestive Disorders
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Low Back Pain
Headaches
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Calendar of Events

May

- Tue 1st** South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)
- Thur 3rd** Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Sat 6th** TTARP Mothers' Day Tea Party @ The Cascadia Hotel – for info 622-9223 (Head Office)
- Sat 12th** Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. – 678-4139 (Diego Martin)
- Sat 12th** Happy Haven Zonal Meeting @ Happy Haven Sch. @3pm. for info 750-9351 (Happy Haven)
- Mon 14th** Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. call 660-7960 (Pembroke)
- Wed 16th** La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517(La Brea)
- Thur 17th** Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Thur 17th** Trip to Harry's Water Park – for info 672-1478 (Central)
- Sat 19th** Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. 731-0236 (Princes Town)
- Tue 22nd** Belmont B's Zonal Meeting @ Colm Hall @ 5pm. - for info 625-0592 (Belmont)
- Tue 22nd** Mother's Day and Father's Day Celebration – for info 625-0592 (Belmont)
- Fri 25th** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. – 674-2852 (Santa Cruz)
- Fri 25th** Trip to Tobago – for info 625-0592 (Belmont)
- Fri 25th** Bingo – for info 674-2852 (Santa Cruz)
- Mon 28th** Lecture from the Division of Health & Social Services – for info 660-7960 (Pembroke)

Dates to be Announced (TBA)

- TBA** Weekend Visit to Toco or Paramin Village – for info 777-8054 (Fyzabad)
- TBA** Lecture; Healthy Food Choices For Seniors – for info 648-7322 (La Brea)

June

- Sat 2nd** Central Interactive Meeting/Lecture @ Chaguanas Activity Centre @ 2pm. - 672-1478 (Central)
- Sat 2nd** Cake Sale Fundraiser – for info 678-4139 (Diego Martin)
- Tue 5th** South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)

- Thur 7th** Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Thur 7th** Annual Tour of Tobago & Trip to Pigeon Point Heritage Park – call 660-7960 (Pembroke)
- Sat 9th** Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. – 678-4139 (Diego Martin)
- Sat 9th** Happy Haven Zonal Meeting @ Happy Haven Sch. @3pm. for info 750-9351 (Happy Haven)
- Sat 9th** Central's Mother's Day and Father's Day Celebration – for info 672-1478 (Central)
- Sun 10th** TTARP Father's Day Show @ The Mas Camp Pub – for info 622-9223 (Head Office)
- Mon 11th** Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. - call 660-7960 (Pembroke)
- Sat 16th** Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
- Wed 20th** La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
- Thur 21st** Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Fri 22nd** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)
- Tue 26th** Belmont B's AGM @ St. Colm Hall @ 5pm. – for info 625-0592 (Belmont)

Dates to be Announced (TBA)

- TBA** Mother's/Father's Day Celebration – for info 648-7322 (La Brea)
- TBA** Santa Cruz Zonal Mother's/Father's Day Function– for info 674-2852 (Santa Cruz)
- TBA** PTSC Know Your Country Tour – for info 674-2852 (Santa Cruz)

July

- Sun 1st** Mother's/Father's Day Tea Party and Fashion Show – for info 678-4139 (Diego Martin)
- Tue 3rd** South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)
- Thur 5th** Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Mon 9th** Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. call 660-7960 (Pembroke)
- Sat 14th** Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. – 678-4139 (Diego Martin)
- Sat 14th** Happy Haven Zonal Meeting @ Happy Haven Sch. @ 3pm. - for info 750-9351 (Happy Haven)

Sat 14th BBQ Fundraiser – for info 672-1478 (Central)
Wed 18th La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
Thur 19th Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10 am. - for info 777-8054 (Fyzabad)
Sat 21st Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
Tue 24th Belmont B's Zonal Meeting/Emancipation Celebrations @ Colm Hall @ 5pm. - 625-0592 (Belmont)
Fri 27th Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)

Dates to be Announced (TBA)

TBA Emancipation Celebration – for info 674-2852 (Santa Cruz)
TBA Trip to Grenada – for info 622-9223 (Head Office)

August

Thur 2nd Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
Tue 7th South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)

Sat 11th Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. – 678-4139 (Diego Martin)
Sat 11th Happy Haven Zonal Meeting @ Happy Haven Sch. @ 3pm. for info 750-9351 (Happy Haven)
Mon 13th Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. call 660-7960 (Pembroke)
Wed 15th La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
Thur 16th Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10 am. - for info 777-8054 (Fyzabad)
Sat 18th Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
Fri 24th Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)
Sat 25th Central Interactive Meeting/Lecture @ Chaguanas Activity Centre @ 2pm. - 672-1478 (Central)
Sun 26th Sports & Family Day – for info 678-4139 (Diego Martin)
Tue 28th Belmont B's Zonal Meeting/Independence Celebrations @ Colm Hall @ 5pm. - 625-0592 (Belmont)

Dates to be Announced (TBA)

TBA BINGO - for info 622-9223 (Head Office)



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BEAUTY OR THE BEAST

TWENTY TIPS FOR MEN

Face

1. Start using moisturizer every day to maintain healthy skin. Men and woman both get wrinkles, so there is no reason not to take care of aging skin.
2. If you have those irritating bags under your eyes, dab a little Preparation H under them. It works like magic!
3. When you're going to be exposed to the sun, wear sunglasses. Sunglasses prevent you from squinting, and potentially causing more wrinkles on your face.
4. While you want to keep the hair on your head growing, it's preferable to keep hair from growing out of your nose and ears. Use a specialized trimmer to keep your nose hair at bay.
5. Trim your eyebrows if they are big and bushy. Sometimes all you need to do is use a small pair of scissors to trim them down a little.

Hair

1. If your hair is starting to thin out on top and on the sides, use the appropriate products like Rogaine to maintain the hair that you do have.
2. While you're picking the perfect shampoo, look for a product that removes DHT (dihydrotestosterone). DHT causes hair to fall out by restricting blood flow to hair follicles, and will eventually leave you bald.
3. If you happen to run out of shaving cream, you can always use some peanut butter to shave. Just remember to hold the jelly!

Hands

1. Since the hands are the heart's landscape, you need to take special care of them. Make a trip to the nail salon for a manicure at least once a month or soak them in warm water mixed with olive oil each day for 5-10 minutes.
2. When trimming your nails, make sure that they are consistent lengths, and that there are no pointy edges on the sides.
3. Hands develop spots and other imperfections through over-exposure to the sun. Keep your hands out of the sun just like the rest of your body.

Feet

1. Trim your toenails, do it when they are dry, use a large set of clippers, and don't cut them so short that they're painful!
2. If you've been afflicted with the dreaded athlete's foot, dry your feet frequently and put anti-fungal cream in between your toes.

3. Most men have callused, rough heels, if you really want to have nice feet, you should soak them in warm water for 5-10 minutes, then use a file to reduce the roughness.

Body

1. Drink plenty of water because it will make your skin look healthier, and you younger.
2. If you tend to sweat a lot, trim your armpit hair. The less hair, the less bacteria, which will make you smell much better!
3. By exercising and eating healthy meals, you'll gain more energy, and become a happier person all-around.

Miscellaneous

1. Don't smoke. Smoking gives you wrinkles around your mouth, makes your fingernails yellow, and gives you cancer. Nothing else needs to be said.
2. Instead of keeping a wallet in your back pocket, put it in your front pocket! It seems like a lame idea, but it helps with the alignment in your back. Also, you are less likely to get mugged this way!
3. Body odor, gas, and bad breath are often the cause of one thing: what you eat. So go easy on the onions and skip the garlic next time you eat out.



AGE-RELATED HEARING LOSS/PRESBYCUSIS

Age-related hearing loss (Presbycusis) is the slow loss of hearing that occurs as people get older.

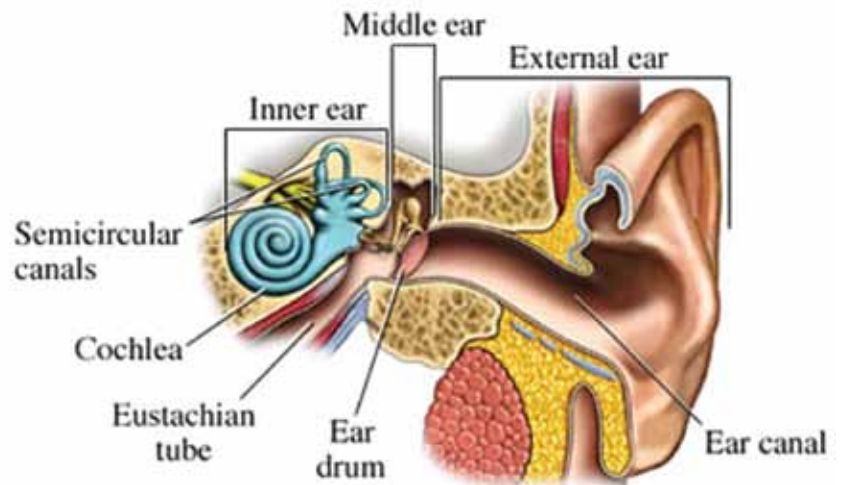
Presbycusis can greatly impact quality of life, causing low self-esteem, isolation, and depression. The hearing loss begins in the sixth decade. An estimated 70-80% of adults between 65 and 75 years of age suffer from age-related hearing loss.

In 1999, the World Health Organization estimated that worldwide 580 million people over the age of 60 suffered from hearing loss. Hearing loss can affect your life in many ways. You may miss out on talks with friends and family. On the telephone, you may find it hard to hear what the caller is saying. As hearing deteriorates the ability to understand speech becomes more severely affected. A common phenomenon associated with presbycusis is recruitment. A person with recruitment may experience increased difficulty understanding speech if there is more than one speaker, or if they are in a noisy environment. Moderately loud noise may also be physically uncomfortable, even painful.

Hearing loss can also be accompanied by tinnitus, vertigo, and disequilibrium leading to falls. Tinnitus can be an important problem as hearing loss progresses. People with tinnitus often describe it as a perception of ringing, whistling or buzzing in one or both ears. It can be intermittent or continuous in nature and its intensity can range from just a noticeable hissing sound to a roaring noise that affects all the aspects of life. Dr. Sidheshwar Pandey's newly developed technique on the treatment of tinnitus which has been published by 'Audiological Medicine' Journal of the United Kingdom as well as written for the book 'Up To Date on Tinnitus' is greatly appreciated by clients who have been exposed to and benefitted from it, as they previously had limited alternatives/relief from this sometime intolerable condition.

In presbycusis, the nerves or hair cells in the inner ear start to deteriorate, becoming dead or damaged. The loss of the hair cells makes it harder to hear. Thus, presbycusis is often a type of sensorineural hearing loss. The hearing loss is most marked at higher frequencies. The degree of hearing loss varies from person to person. Heredity and chronic exposure to loud noises are the main factors that contribute to hearing loss over time. Other factors include Ototoxicity, smoking, hypertension and vascular disease.

Person with diabetes have a greater risk of age-related hearing loss than those without the disease. Treatment for



presbycusis depends on the severity of the problem and may include avoiding loud noises and protecting the ears from noise damage, and using hearing aids and other assisted listening devices. People with presbycusis may also benefit from learning lip reading (speech reading) skills or sign language.

Although the majority of older people are affected, a significant number find it difficult to seek advice and information on their hearing loss. Sometimes, this is because they are unwilling to accept that they have a problem. In other cases, they believe that nothing can be done to help them. However, treatments are available. If your family doctor suspects you may have a hearing-impairment, you should be referred to a local audiology clinic for further tests. The audiologist will test your ability to hear sounds. These tests are painless. The Audiologist also plays an important role in advising the most appropriate aid, fitting it correctly, and then instructing the hearing aid wearer on correct usage.

Dr. Sidheshwar Pandey
Audiologist, DRETCHI,
Trinidad and Tobago Association for the Hearing Impaired
Port of Spain, Trinidad & Tobago

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Women of all ages and with all needs compromise their health by disregarding the importance of careful selection of undergarments and the overall role undergarments play in addressing needs of posture, balance and control.

"Many women do not pay attention to the way the body's image and comfort can be affected by an unsupportive bra and the ways that they compromise their health, hygiene and comfort in the long-term. Many women compromise when choosing bras and when being fitted for bras."

Women seldom pay attention to how much they spend purchasing inappropriate garments over time. "A fitting consultation at Ms. Brafrit Limited will instruct and guide women on how to avoid having a drawer filled with bras that serve no purpose and cause discomfort after a short use."

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AQUAPONICS.. a hobby or a necessity?

Written by Montgomery Gill, TTARP Member



In T&T, we produce less than 1% of the food we consume. The concept of a few producing in large quantities for the consumption of many is an outdated, unsustainable system. We must take responsibility for our health and well-being. This holds true at all levels of our existence, but the need for clean potable water and healthy food must be given the priority it deserves.

The concept of urban food production is expanding throughout countries all over the world. People are encouraged to grow food on rooftops, backyards, empty rooms in homes and empty lots of land in residential areas, to mention a few. Some of the advantages of urban food production are:-

1. Fresh nutrient rich food.
2. To better crop security from thieves.
3. Better food security in the event of natural disaster as a result of wide production distribution.
4. Bring neighbours together in common interest.
5. Increased physical activity leading better health.
6. Money saving on food and medicine.
7. Growth with NO artificial fertilizers, pesticides and fungicides. No toxins of any kind.

These food production systems must by their very nature be low in its demand for resources and maintenance. Aquaponics has emerged as one such system as it is a closed loop system meaning that it produces no waste and has a very low dependency on external input for its survival. Some of the advantages of Aquaponics are:

1. It use only 10% of the water normal agriculture use to achieve the same results.
2. Minimum maintenance required (can be left unattended for days).
3. Can be done indoors or anywhere for that matter.
4. Easy to learn and master.
5. Can be scaled up or down to any desired size.
6. Systems can be built from the widest cross section of materials possible encouraging recycling.

Aquaponics is the oldest method of life production system chosen by God, to feed the earth, so no one can claim to have invented it.. I think it was Albert Einstein who put it best when he said "simplicity is the ultimate sophistication" thus rendering it attainable and maintainable, the two qualities necessary to make it durable.

Food should be consumed almost immediately as it is harvested, so that our bodies can absorb and maximize all of its nutrients. Nowadays, as a result of storage, we consume food where all the ingredients have been neutralized, as a result, we attempt to get the necessary nutrition from bottles of tablets.

This system has worked well for the people that produce these products, but inevitably we the consumers has paid with our money, health and finally our lives. Let's be clear, nothing is absolute so don't misunderstand my statements, there are many good products on our store shelves today, but like sleep there is no substitute for fresh, clean and uncontaminated foods. So as you have taken control of your living by having a financial income, vehicle, home and such, take control of your life and command your nutritional income, even if only partially.

Aquaponics is a system that mimics nature, it starts with fish whose waste is utilized by plants, and this results in the cleaning of the water to be returned to the fish. The cycle is repeated and both fish and plants for eating can be produced on a continuous basis. Working with these systems has been found to be very relaxing and a great deal of satisfaction can be realized by producing one's own food. Once set up, the routine of feeding the fish and checking the system becomes easy and requires very little time. Production cost of the end product is very low, and small systems can produce more food than a person can ever hope to eat so the extra can be sold or given to someone, the choice is yours.

Larger community systems can be done by schools, organizations, churches, large companies on their buildings roof tops or unused floors in multistory buildings, the locations are only limited by your imagination. Many hotels are now looking at the prospects of these systems as a means of introducing indoor living spaces with the sounds of running water and plant life for their guests and at the same time producing clean fresh food for its kitchen. These are but a few of the features that will shape the face of food production in our changing world and Aquaponics is very much a part of our future, but the future starts now.

Let us plant the seeds of the future together.





INVESTOR TIPS



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A security is an investment instrument that has value and can be traded or transferred. Some examples of securities include:

- Stocks/shares
- Mutual funds
- Bonds
- Treasury bills

Remember "Do not put all your eggs in one basket!"

For more information about investment products visit www.ttsec.org.tt and check out the **Glossary** tab under Investor Resources.

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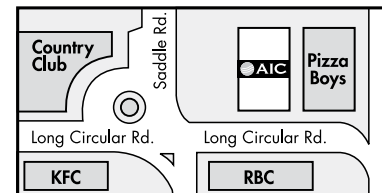
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124 Eastern Main Road, Barataria
Phone: 638-2148 • 674-6248

Chaguanas Branch
12 Main Road, Chaguanas
Phone: 671-2299 • 665-1185

Marabella Branch
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Phone: 653-9232 • 653-8609 • 653-1284

**Port of Spain Branch and
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Cor. Penitence & St. James Street,
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160 Eastern Main Road,
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Phone: 662-1184-6

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THE BENEFITS OF SWEET POTATOES

The sweet potato is a nutritional powerhouse.

1. They are high in vitamin B6. Vitamin B6 helps reduce the chemical homocysteine in our bodies. Homocysteine has been linked with degenerative diseases, including the prevention of heart attacks.
2. They are a good source of vitamin C. While most people know that vitamin C is important to help ward off cold and flu viruses, few people are aware that this crucial vitamin plays an important role in bone and tooth formation, digestion, and blood cell formation. It helps accelerate wound healing, produces collagen which helps maintain skin's youthful elasticity, and is essential to helping us cope with stress. It even appears to help protect our body against toxins that may be linked to cancer.
3. They contain Vitamin D which is critical for immune system and overall health at this time of year. Both a vitamin and a hormone, vitamin D is primarily made in our bodies as a result of getting adequate sunlight. You may have heard about seasonal affective disorder (or SAD, as it is also called), which is linked to inadequate sunlight and therefore a Vitamin D deficiency. Vitamin D plays an important role in our energy levels, moods, and helps to build healthy bones, heart, nerves, skin, and teeth, and it supports the thyroid gland.
4. Sweet potatoes contain iron. Most people are aware that we need the mineral iron to have adequate energy, but iron plays other important roles in our body, including red and white blood cell production, resistance to stress, proper immune functioning, and the metabolizing of protein, among other things.
5. Sweet potatoes are a good source of magnesium, which is the relaxation and anti-stress mineral. Magnesium is necessary for healthy artery, blood, bone, heart, muscle, and nerve function, yet experts estimate that approximately 80 percent of the population in North America may be deficient in this important mineral.

A healthier sweet potato casserole recipe will be a welcome addition to your dinner. Resist smothering your sweet potatoes in loads of butter and sugar and try these healthy sweet potato recipes instead! Baked sweet potatoes are delicious topped with a warm black bean salad. Or slice up some sweet potatoes to make sweet potato fries.



CURRIED SWEET POTATOES

INGREDIENTS

- 4 1/2 pounds sweet potatoes, (8 or 9 medium), peeled and cut into 1-inch pieces
- 1 teaspoon salt, plus more to taste
- 1 cup dried apricots, (3 ounces), cut into 1/4-inch slivers
- 1/2 cup raisins
- 1 cup boiling water
- 1 tablespoon canola oil
- 1 onion, finely chopped
- 2 teaspoons curry powder
- Freshly ground pepper, to taste

PREPARATION

1. Place sweet potatoes in a large pot and add enough cold water to cover by 1 inch. Add 1 teaspoon salt and bring to a boil over high heat. Reduce heat to medium and cook, uncovered, until tender but not mushy, 8 to 12 minutes. Drain well.
2. Meanwhile, combine apricots, raisins and boiling water in a small bowl; let sit until plumped, about 10 minutes.
3. Heat oil in a large wide pot over medium-high heat. Add onion and cook, stirring often, until softened, about 2 minutes. Add curry powder and cook, stirring, until fragrant, about 2 minutes. Add the cooked sweet potatoes, apricots, raisins and the fruit-soaking liquid. Season with salt and pepper. Stir gently over medium-low heat until warmed through.



MASHED SWEET POTATOES WITH COCONUT MILK

INGREDIENTS

- 1 1/2 pounds sweet potatoes, (about 3 medium)
- 3/4 cup "lite" coconut milk
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon salt

PREPARATION

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 10 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)
2. When cool enough to handle, peel off and discard skin. Transfer the sweet potatoes to a medium microwaveable bowl and mash thoroughly with a potato masher. Add coconut milk, ginger and salt; stir well. Reheat in the microwave for 1 to 2 minutes, or in the oven for 8 to 10 minutes. Serve warm.



OVEN SWEET POTATO FRIES

INGREDIENTS

- 1 large sweet potato, peeled and cut into wedges
- 2 teaspoons canola oil
- 1/4 teaspoon salt
- Pinch of cayenne pepper

PREPARATION

1. Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.



SWEET POTATO CASSEROLE

INGREDIENTS

- 2 1/2 pounds sweet potatoes, (3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

TOPPING

- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted
- 1/2 cup chopped pecans

PREPARATION

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.



By Michelle Nunes

Blessed Quietness Home

Nestled in the lush, middle to upper income neighborhood of Glencoe, lies a home which from the exterior would appear to be like any other. Two levels, neat, maintained well enough, gated and burglar proofed. What lies inside though may startle some readers, others may cry, some may be angry, others may want to reach out a helping hand. This is truly a story that will touch your inner core.

It started over 26 years ago, when Vashti Kerr-Barnett and her husband (now deceased) managed an elderly home in the Maraval area through the Ministry of Social Services. The Ministry needed to urgently find a home to accommodate five abandoned children and at that point chose the best home to send them, which today is known as "Blessed Quietness Home".

As the old cliché goes, the rest is history. As the years past child after child was sent to Vashti to be taken care of and most importantly loved, and as of now, there are fourteen persons being cared for at the Home.

These abandoned children are special needs kids, most never even knew their parents since they were deserted upon birth. All have multiple disabilities - crippled, blind, deaf, physical defects, mental defects. It was heart wrenching to see these kids, all of whom appeared to be so happy despite their obvious limitations.

The eldest is Joan who at age 52 has been with Vashti since she was 23 years, Rachael who is 36 years, Giselle at 23 years, then the 18 year old boys Dale and Jerome, whom from appearance you would think are not yet in their teens, the youngest child at the home is a 12 year old girl.

Vashti has had years of experience and patience and treats these kids as her own, some who can talk her granny. She has one biological daughter, who assists her, and who would one day take over the reigns from her. As they say, love goes in circles, and in following her mother's footsteps Vashti's daughter has also legally adopted one son Anton, who is now age 21.

As with all homes, even your own, there are squabbles, but these are usually quickly resolved either by Vashti, the three nurses, the cook, or the housekeeper who are employed there. On one occasion, a young boy was sent away because he was violent, he was admitted into St. Ann's Mental Hospital and may still be there today. One died while in care at the Home, and there was a fleeting moment of sadness as Jean, the nursing supervisor recalled it was in her arms that it happened. Three boys attend school at Princess Elizabeth and Gordon Patrick (only one could walk).

The Ministry of Social Development and Ministry of Social Services are responsible for financially supporting the

children and adults at the Home, however a lot more can be done financially and otherwise. There is a need for a heavy duty washing machine and dryer (the housekeeper was surrounded by a pile of clothes that was being folded while I was there). Other tangible items such as clothes, sheets, toys, beds, mattresses, pampers (they use over 900 pampers per month)and a new coat of wall paint are probably just some of the things to make life a bit more comfortable. Transportation, mobility, man-power to move these kids to and fro to doctors, schools, outings must be quite challenging. A nice field trip and a bit more outdoor activities would surely be appreciated.

Vashti repeatedly asked a profound question, " do you think you can or would want to care for these kids ?", and at the end of the interview and tour she answered her own question by saying "someone who loves and cares for a child won't give them away for nothing".

I am sure TTARP members would be willing to assist in any way possible. Love goes in circles.



Vashti Kerr-Barnett



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DEEP THOUGHTS

The Bat, the Buzzard, & the Bumble Bee.



The BUZZARD:

If you put a buzzard in a pen that is 6 feet by 8 feet but that is entirely open at the top,

The bird, in spite of its ability to fly, will be an absolute prisoner.

The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet.

Without space to run, as is its habit, It will not even attempt to fly, But will remain a prisoner for life in a small jail with no top.



THE BAT:

The ordinary bat that flies around at night,

A remarkably nimble creature in the air,

Cannot take off from a level place.

If it is placed on the floor or flat ground,

All it can do is shuffle about helplessly and, no doubt, painfully, Until it reaches some slight elevation from which it can throw itself into the air.

Then, at once, it takes off like a flash.



THE BUMBLEBEE:

A bumblebee, if dropped into an open tumbler, will be there until it dies, Unless it is taken out.

It never sees the means of escape at the top,

But persists in trying to find some way out through the sides near the bottom...

It will seek a way where none exists, Until it completely destroys itself.



The PEOPLE:

In many ways, we are like the buzzard, the bat, and the bumblebee.

We struggle about with all our problems and frustrations, Never realizing that all we have to do is look up!

That's the answer,
The escape route & the solution to any problem!
Just look up!

Sorrow looks back,
Worry looks around,
But
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649-2344

(10) Princes Town

16 Cedar Hill Village,
Manahambre Road
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carsearchtt@gmail.com

Reported time: 9:10 p.m.
Recovery time: 9:40 p.m.
Recovery time lapse: 30 minutes

The driver of our customer's Almera was **carjacked** and thrown in the trunk of the vehicle. He used his mobile phone and contacted the owner of the vehicle (our customer) who then reported the matter to our Control Room. The LoJack Vehicle Recovery System was activated and armed patrols dispatched. Within minutes, our recovery system identified the location of the vehicle and the pursuit intensified. The first visual was made along the Eastern Main Rd. in Arima. Our Patrols followed the vehicle as it drove onto Pinto Rd. It was later intercepted and the alleged carjacker was apprehended. Both were taken to the Arima Police Station where further investigations were carried out.

Reported time: 6:50 p.m.
Recovery time: 7:50 p.m.
Recovery time lapse: 1 hour

Vehicle rental companies BEWARE!!! In April 2011 our customer, the owner of an auto rental company, requested a search for one of his vehicles that was due back from a long term lease as he was unable to contact the person he rented it to. The LoJack Recovery system was activated and our armed Patrols dispatched. Signals pointed them to the Valsayn area where a visual was made on the vehicle driving past SuperPharm. It was followed and safely intercepted in the vicinity of Valpark Shopping Plaza. Our customer was contacted and informed of the situation and location of his vehicle. He later arrived to collect his vehicle from our Officers.

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For more information, ask for Denise at TTARP's Office 622-9223

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Specialist Maximum	\$80.00
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Reinstatement of utilized Benefits	\$7,500.00

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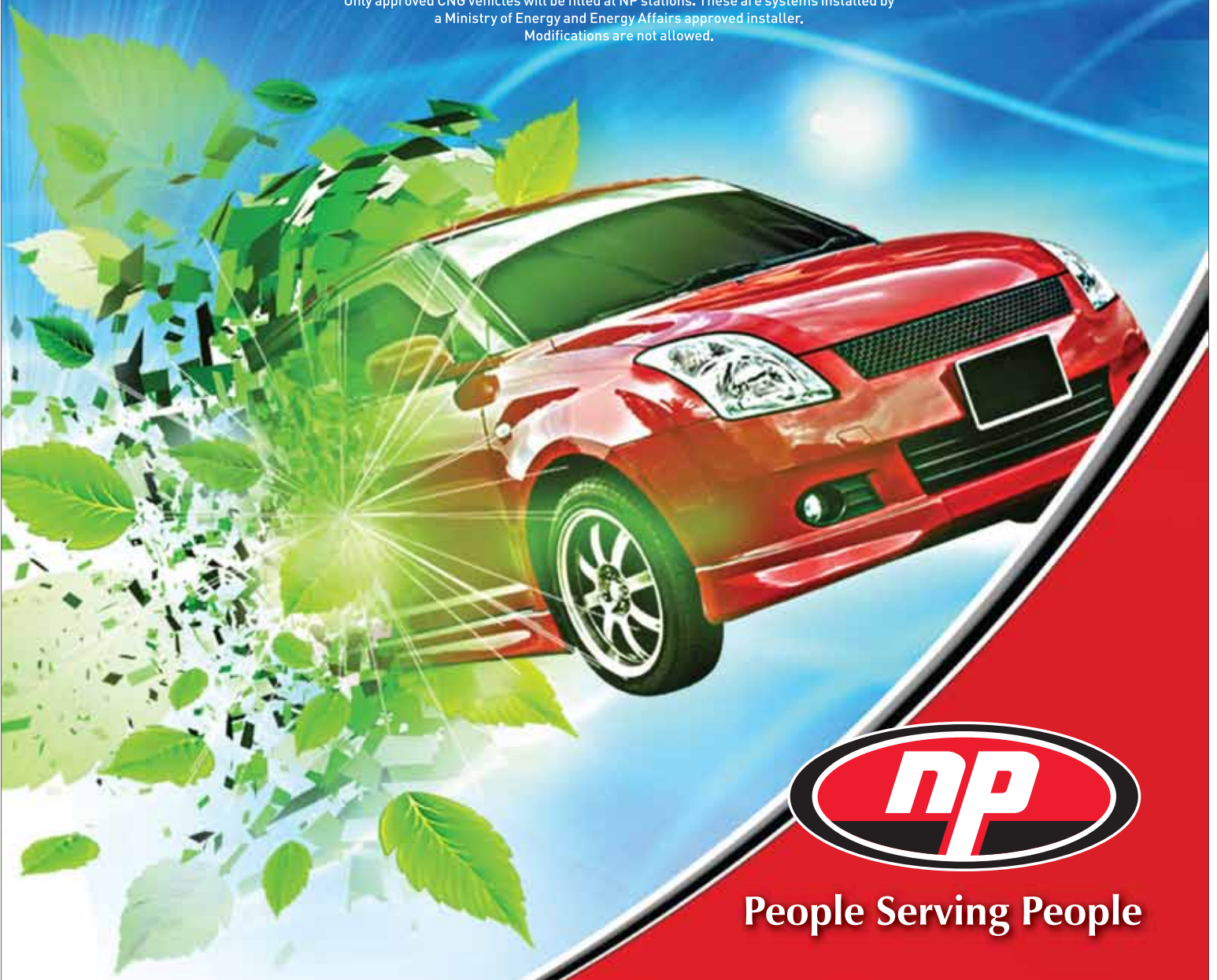
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